

PHYSICAL ACTIVITY & EDUCATION

YRBS 2021 Profiles 2020

WHAT IS THE PROBLEM?

Data from the 2021 YRBS show that among public high school students in Oklahoma



52%

were physically active at least 60 minutes per day on five or more days.*

26%

attended physical education (PE) classes on all five days.**

51%

played on at least one sports team during the 12 months before the survey.

*During the 7 days before the survey.

**In an average week when they were in school.

WHAT ARE OKLAHOMA SCHOOLS DOING ABOUT IT?

Data from the 2020 School Health Profiles show that among public schools in Oklahoma

86%

of schools offer opportunities for all students to be physically active during the school day (recess, lunchtime intramural activities, or physical activity clubs).

86%

of schools offer interscholastic sports to students.

Percentage of schools with a required PE class decreases from **78%** in 6th grade to just **30%** in 12th grade.

60%

of schools provide physical activity in classrooms during the school day outside of PE.

WHAT ARE THE SOLUTIONS?

- Implement Comprehensive School Physical Activity Programs to increase physical activity and physical education in schools.¹
- Expand PE classes by increasing the length of classes or increasing the types and numbers of fitness activities during those classes.²
- Utilize recess as an opportunity to help kids get the recommended 60 minutes of activity every day.
- Include physically active academic lessons or activity breaks in the school day.

Source:

1. https://www.cdc.gov/healthyschools/professional_development/e-learning/CSPAP/index.html
2. <https://www.cdc.gov/policy/opaph/his/physicalactivity/index.html#:~:text=School%2Dbased%20programs%20to%20increase%20physical%20activity%20can%20include%20programs,before%20and%20after%20school%20programs>

For more information about the YRBS contact the Maternal and Child Health Service, MCH Assessment at (405) 426-8092 or visit oklahoma.gov/health/yrbs

For more information about the School Health Profiles visit okintheknow.org/new-school-health-profiles/